



Race Notice
Teck Northern Cup #3 & #4
January 13th – 14th, 2024



Race Events: **Teck Northern Cup #3:**
Saturday, January 13th, 11:00 AM
Classic Technique, Interval Start

Teck Northern Cup #4:
Sunday, January 14th, 10:00 AM
Free Technique, Mass Start

Competitors can participate in one or both events.

Race Location: 99 Mile Ski Trails, 500 Ainsworth Road, 100 Mile House

Directions and map: <https://www.100milenordics.com/directions/>

Host Club: 100 Mile Nordic Ski Society: www.100milenordics.com

Title Sponsor: Teck Resources Limited

Information: Chief of Competition: Gary Carlson 250-395-2063/250-644-0105
Chief of Course: Mike Matfin and Olaf Strumper
Chief of Stadium: Mark Doolan 250-706-9998
Competition Secretary: Kristi Iverson 250-644-1585
Chief of Results and Timing: Ken MacKenzie 250-644-7403

- Rules:** CCC Rules and Regulations. Also refer to the Teck Northern Cup Series Technical Guidelines for additional details:
<http://www.crosscountrybc.ca/technical-guidelines>
- Race Entries:** By Zone4 access <https://zone4.ca/register.asp?id=34003> and locate this registration section to enter your information and pay by credit card. If you have any questions please contact: iversonkristi@gmail.com
- Licenses:** ALL participants must purchase a Tier 3 Event Licence regardless of whether they hold an FIS Licence, Nordiq Canada Race Licence, Development Licence, or Associate Race Licence. This license will only be valid for the competition day for which it is issued and will automatically be added to all race registrations on Zone4.
- Entry Deadline:** Closing deadline for online registration is:
Wednesday, January 10th @ 11:59 pm, 2024
NO LATE ENTRIES WILL BE ACCEPTED
- Draw:** Start lists will be posted online at: <https://zone4.ca> the Friday before the race and posted outside the lodge on race morning.
- Bib Pick-up:** Saturday: 9 am to 10:30 am outside the ski lodge
Sunday: 8:30 am to 9:30 am outside the ski lodge
- Awards:** Awards for athletes 15 years and younger will be provided by Teck Resources Ltd. Ribbons and medals will be given to participants aged 15 and younger, as follows: 1st, 2nd, 3rd place medals for age categories 8, 9, 10, 11, 12, 13, 14, 15 – both male and female will be awarded. Ribbons for 4th and 5th place skiers will be provided for the above age categories, as will participant ribbons for all children 7 years of age and younger. 100 Mile Nordics will provide awards for older athletes.
- Waxing:** Plugins are available along the fence by the lodge for waxing gear. Bring your own tent.
Cross Country BC has adopted a **No Fluoro** rule for all age categories at all Teck Regional Cup races, please see [CCBC Rule Regarding the Use of Fluorinated Waxes](#).
- Courses:** Course maps will be posted online as soon as the courses have been finalized. Check the 100 Mile Nordics [website](#) for the link to the maps.
- Concession:** A hot drink and snack will be provided to participants at the finish line. Otherwise, participants should bring their own drinks, snacks, and lunch.

A food concession is available on-site at the day lodge. The lodge has limited capacity. Take-away food options are limited to snacks.

Accommodation: For accommodations in the area, please visit [here](#). 100 Mile House is only 5 minutes from the trails.

Trail Pass: Registered racers can use trails for race day. Spectators do not require a trail pass to watch the race. Family and coaches of racers from out of the 100 Mile House area can request complimentary trail passes for the day of the race. Trail passes must be purchased at the lodge for skiing on non-race days.

Cancellation: There will be no refund for participants who choose not to start their race. If race organizers cancel the race(s) due to unsafe weather conditions, a full refund will be made to participants except for any online processing fees. Races will be cancelled or postponed if temperature or weather conditions are unsuitable at the start time.

With air temperatures below -20°C (temperature measured at the coldest point of the course and without wind factor) and competition distances less than or equal to 15 km, the Jury must postpone or cancel the competition. For U10 and younger, with air temperatures below -15°C (temperature measured at the coldest part of the course and without a wind factor), the Jury must postpone or cancel the competition.

Race Routes: Route maps will be posted outside the lodge before the race and on the 100 Mile Nordics [website](#).

Race Schedule: Teck Northern Cup #3

INTERVAL START – CLASSIC TECHNIQUE

Date: Saturday, January 13th, 2024

Start time: 11 am, youngest categories first

Location: 99 Mile Ski Trails, 500 Ainsworth Road, 100 Mile House, BC

Category	Age on Dec 31, 2024	Year Born	Approximate Distance	Fee *
U6 male & female	5	2018	0.5 km	\$5
U8 male & female	6, 7	2017, 2016	1.0 km	\$15
U10 male & female	8, 9	2015, 2014	1.5 km	\$15
U12 male & female	10, 11	2013, 2012	2.5 km	\$15
U14 male & female	12, 13	2011, 2010	3.5 km	\$20
U16 male & female	14, 15	2009, 2008	5.0 km	\$20
U18 male & female	16, 17	2007, 2006	7.5 km	\$20
U20 male & female	18, 19	2005, 2004	7.5 km	\$20
U23 male & female	20, 21, 22	2003, 2002, 2001	7.5 km	\$20
Senior male & female	23 – 29		7.5 km	\$25
Masters male & female	30+		7.5 km	\$25

*Fee includes a trail pass; \$3 Tier 3 event license and Zone4 processing fee are separate

Race Schedule: Teck Northern Cup #4

MASS START by age category – FREE TECHNIQUE

Date: Sunday, January 14th, 2024

Start time: 10 am, youngest categories first

Location: 99 Mile Ski Trails, 500 Ainsworth Road, 100 Mile House, BC

A classic track will be provided for U6 and U8 athletes only

Category	Age on Dec 31, 2024	Year Born	Approximate Distance	Fee *
U6 male & female	5	2018	0.5 km	\$5
U8 male & female	6, 7	2017, 2016	0.5 km	\$15
U10 male & female	8, 9	2015, 2014	1.0 km	\$15
U12 male & female	10, 11	2013, 2012	2.5 km	\$15
U14 male & female	12, 13	2011, 2010	3.5 km	\$20
U16 male & female	14, 15	2009, 2008	5.0 km	\$20
U18 male & female	16, 17	2007, 2006	7.5 km	\$20
U20 male & female	18, 19	2005, 2004	7.5 km	\$20
U23 male & female	20, 21, 22	2003, 2002, 2001	7.5 km	\$20
Senior male & female	23 – 29		7.5 km	\$25
Masters male & female	30+		7.5 km	\$25
Recreational male & female	16+		5.0 km	\$25

*Fee includes a trail pass; \$3 Tier 3 event license, GST, and Zone4 processing fee are separate